

# AIAS NATIONAL HEALTH & WELLNESS WEEK



MARCH 22ND - 26TH

## GET READY...

Don't miss a beat! Follow @aias\_advocacy for links and updates on programming for each day!

## GET OUT: Monday

Take some time for yourself whether it's getting out of the house or studio

Add your favorite "me time" songs on our playlist!  
Join the H&WW intro call tonight at 8PM EST!



## GET ACTIVE: Tuesday

Set aside some time to get some exercise



Add your workout songs to our playlist!  
Join the yoga session tonight at 8PM EST!

## GET CONNECTED: Wednesday

Share your experiences with mental health and wellness



Add your go to happy & sad songs to our playlist!  
Join the mental health social at 8:30 PM EST! Also check out the THRIVE webinar at 7PM EST!

## GET EDUCATED: Thursday

Learn about mental health resources and Learning & Teaching Culture

Add your studying songs to our playlist!

## GET INVOLVED: Friday

Discuss ways to spark change in your Chapter, School & Community

Add your hype songs to our playlist!  
Join the LTCAG Town Hall tonight at 8PM EST!

